

Senior Center
Fitness
Programs

NEW

Zoom Fitness Programming With Jaclyn

Monday - Chair Yoga - 11:30 am - 12:00 pm

Friday - Strength Training - 11:00-11:30 am

(starting Friday, December 11th)

Please contact the Senior Center, for the Meeting ID and Password. We can email you a link if you are interested in participating. 732-418-2222 or email

jzink@northbrunswicknj.gov to receive the link.

Zoom is a great way to workout with a group from the comfort of your own home! You are able to interact and “see” each other!
There is no cost associated with Zoom or the Fitness program.

Please note that you assume ALL risk by participating in any taped classes and that by working out alongside our shared exercise classes, it is your responsibility to consult with your physician prior to participating in these, or any exercise program.